

**SUPPORTS
RESTFUL SLEEP***

Valerian has uses dating back to the 11th century. At Nature's Way®, our Valerian comes from European countries like Poland, the Netherlands, and Bulgaria, where it grows best. We then add Lemon Balm for a premium blend that supports restful sleep.*

◆ LG12729.A01 BLK8150A



*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



✱ PREMIUM BLEND ✱

**SLEEP
WELL**

**VALERIAN &
LEMON BALM**



50 TABLETS | 480 mg per Serving

DIETARY SUPPLEMENT

Recommendation: Adults take 2 tablets one hour before bedtime. Not for use in children 12 years and under. Do not exceed recommended dose.

Supplement Facts

Serving Size 2 Tablets
Servings per Container 25

Amount per Serving		% DV
Riboflavin (Vitamin B2)	2 mg	154%
Valerian Extract (root) standardized to 0.3% Valerenic Acid (0.96 mg)	320 mg	**
Lemon Balm Extract (leaf)	160 mg	**

**Daily Value (DV) not established.

Other ingredients: dicalcium phosphate, hydroxypropyl cellulose, sodium croscarmellose, cellulose, polyvinyl alcohol, stearic acid, polyethylene glycol, titanium dioxide color, silica, riboflavin color, carmine color

Warning: Do not take if you are pregnant or nursing. If you are taking sedatives, tranquilizers, or other medications, consult a healthcare pro➤

fessional before use. This product may cause drowsiness, do not drive or operate machinery while taking this product. Avoid alcohol and other sedatives while taking this product. If symptoms persist for more than 4 weeks, consult a healthcare professional.

Keep out of reach of children. Safety sealed with inner seal. Do not use if seal is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.

GLUTEN FREE. No yeast-derived ingredients, wheat, dairy, soy, or preservatives.

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